White. 1643.

A New Almanacke and Prognostication, for the yeere of our Lord God, 1643.

Being the third after the *Bissextile*, or Leape-yeare.

Calculated for the Meridian of the most Honourable Citie of LONDON, and will serve generally for the Monarchy of Great BRITAINE.

By JOHN WHITE Wel-wisher to the Mathemat.

LONDON.
Imprinted by *I. K.* for the Company of STATIONERS.

The common Notes and moveable Feasts

For this Yeere 1643			For the next. 1644	
10		The golden Number		11
28		The Circle of the Sun		1
20		The Epact		1
A		The Dominicall letter	G	F
12	Februarie	Shrove Sunday	March	3
2	April	Easter day	April	21
7	May	Rogation Sunday	May	26
11	May	Ascension day	May	30
21	May	Whitsunday	June	9
3	December	Advent Sunday	December	1.

Physicall Elections.

Take	Vomits	The Moon or Signe in	♉ ♍ ♑
	Glisters		♈ ♒ ♎
	Gargarismes		♋ ♈
	Preparatives		♊ ♎ ♒
	Stop Rhumes and Fluxes		♉ ♍ ♑
	Purge by neesing		♋ ♌ ♍

Fit times for blood-letting.

The Sanguine from the new moone to the first quarter
The Cholericke, from the first quarter to the full.
The Flegmaticke, from the full to the last quarter.
The Melancholy, from the last quarter to the change.

Dangerous times for blood-letting.

In the heate of Summer, or cold of Winter, or when the Moone is in the Signe which governeth that part of the body you would let blood; Also within two dayes of the change, or full of the Moone.

The beginning and ending of the Terms, with their Returnes and Essoyne dayes, dayes of Exception Returna Brevium, and dayes of Appearance, for this yeere, 1643.

Returne dayes, or dayes of Essoyne.	Dayes of Exception.	Returna Brevium.	Dayes of Appearãce.
Hillary Terme beginneth the 23. of January, and endeth the 13. of February, and hath foure Returnes.			
Octa. Hillar. Janu. 20	Janua. 21	Janua. 23	Janua. 23
Quind. Hillar. Janu. 27	Janua. 28	Janua. 30	Janua. 30
Craſt. Purif. Febr. 3	Febr. 4	Febr. 6.	Febr. 6
Octa. Purif. Febr. 9	Febr. 10	Febr. 11	Febr. 13
Eaſter Terme beginneth the 19. of April, and endeth the 15. of May, and hath five Returnes.			
Quind. Paſch. April 17	April 17	April 18	April 19
Tres Paſch. April 24	April 24	April 26	April 27
Menſe Paſch. May 1	May 1	May 2	May 3
Quinq; Paſc. May 8	May 8	May 10	May 11
Craſt. Aſcen. May 12	May 13	May 15	May 15.
Trinitie Terme beginneth the 2. of June, and endeth the 21. of June, and hath foure Returnes.			
Craſt. Trin. May 29	May 30	May 31	June 1
Octa. Trin. June 5	June 6	June 7	June 8
Quind. Trin. June 12	June 13	June 14	June 15
Tres Trin. June 9	June 20	June 21	June 21
Michaelmas Terme beginneth the 23. of October, and endeth the 28. of November, and hath 6. Returnes.			
Tres Mich. Octo. 20	Octob. 21	Octob. 23	Octob. 23
Menſe Mich. Octo. 27	Octob. 28	Octob. 30	Octob. 30
Craſt. Anima. Novē. 2	Novem. 3	Novem. 4	Novem. 4
Craſt. Mart. Novē. 13	Novem. 13	Novem. 14	Novem. 15
Octab. Mart. Novē. 18	Novem. 18	Novem. 20	Novem. 21
Quind. Mart. Novē. 25	Novem. 25	Novem. 27	Novem. 28

The Anatomy of Mans Body, as the parts thereof are governed by the 12. Celestiall Signes.

Aries, Head and Face.

Taurus, Neck and throate.
Cancer, Brest, stomack, and ribs.
Virgo, Bowels, and belly
Scorpio Secret members
Capricorn Knees.

Gemini Armes & shoulders
Leo, Heart & back.
Libra, Reines & loynes.
Sagittarii, Thighes
Aquarius, Legs.

Pisces, the Feet.

Bold fierie Aries ruleth Head and Face,
In Necke and Throate doth Taurus challenge place:
The twining Gemini's, governe Armes and Hands,
The Brest and Stomacke Cancer the commands.
Then lusty Leo hath the Backe and Heart,
Bowels and Belly they are Virgo's part:
In Loynes and Reynes is Libra's libertles,
And Scorpio rules the Stones and Pitivities.
The Thighes and Hanch is Sagittarius long,
And both the Knees to Capricorne belong:
Aquarius makes the Legges much aches feele,
And Pisces rules the Feete from Toe to Heele.

January hath xxxi. daies

Warme meates and clothes this month are good,
Take heed of Bathes and letting blood.

1. Day Sun riseth at 8. and 1. min. sets at 3. and 59. min.
15. Day Sun riseth at 7. and 43. min. sets at 4. and 17. min

1	A	New years da.	Belly		7	46
2	b	Oct. Steph.	Loines and		8	34
3	c	Oct. John	reines.		9	2
4	d	Oct. Innoc.	Secrets &	☾	10	1 2
5	e	Edward	bladder.	Last quarter	11	0
6	f	Twelfe day.	Thighes &	the 3. day,	11	8
7	g	Felix & Jan.	hanches.	about 7. before	11	48
8	A	Lucian	Knees.	noon.	11	36
9	b	Joyce	Knees.		1	24
10	c	Paul	Legges.		2	12
11	d	Sol in Aquar.	Legges.	●	3	0
12	e	Archadius	Feete.	New Moone	3	48
13	f	Hillary	Feete.	the 10. day,	4	36
14	g	Wed. com. in	Feet	neer 6. in the	5	24
15	A	Maurice	Head and	morning.	6	12
16	b	Marcel.	face.		7	0
17	c	Anthony	Neck and	☽	7	48
18	d	Prisca	throate.	First quarter	8	36
19	e	Wolfian	Armes	the 16. day,	9	24
20	f	Fab. & Seb.	and	neer 6. in the	10	12
21	g	Agnes	hands	morning.	11	0
22	A	Vincent	Breast and		11	48
23	b	Terme begins	stomacke.		12	36
24	c	Timothy	Heart		1	24
25	d	Conv. of Paul	and	●	2	12
26	e	Polycarp	backe.	Full Moone	3	0
27	f	Agnes the 2.	Belly and	the 24. day,	3	48
28	g	Valerius	bowels.	neer 8. in the	4	36
29	A	Septuagesim	Loines and	night.	5	24
30	b	Wed. goe out	reines		6	12
31	c	Saturnine	Secrets		7	0
					7	48

Milke, Herbes and Fenniſh fowle deny;
Purge not, nor uſe Phlebotomie.

1. Day Sun riſeth at 7. and 13. min. ſets at 4. and 47. min
15. Day Sun riſeth at 6. and 16. min. ſets at 5. and 14. min

1	d	Brigget	Secrets &		8	36
2	e	Purif. Mary	bladder.	☾	9	24
3	f	Blaſe	Thighe &	Laſt quarter	10	12
4	g	Gilbert	hanches	the 1. day,	11	0
5	A	Agagellma	Knees.	neer 11. at	11	48
6	b	Dorothie	Kneese..	night.	12	36
7	c	Angule	Legges,		1	24
8	d	Paul	Legges,		2	12
9	e	Apolina	Feete	●	3	48
10	f	Sol in piſces	Feete	New moon	4	36
11	g	Gotheris	Head &	the 8 day,	5	24
12	A	Dhrobelund.	face.	neer 4 after=	6	12
13	b	Terme ends	Necke	noone.	7	0
14	c	Valentine	and		7	48
15	d	Faultin & Jo.	throate		8	36
16	e	Julian bir.	Armes and	☽	9	24
17	f	Samuel	hands.	Firſt quarter	10	12
18	g	Hugh	Breaſt	15 day, neer	11	0
19	A	Quadrageſi.	and	noon.	11	48
20	b	Wildred	ſtomache.		12	36
21	c	9 Martyres	Heart and		1	24
22	d	Ember week	backe.		2	12
23	e	Policarp	Belly and	● Full Moone	3	0
24	f	S. Matthias	bowels.	the 23. day,	3	48
25	g	Victorine	Loines	neer 3 after=	4	36
26	A	Nestor	and	noone.	5	24
27	b	Auguſtine	reines		6	12
28	c	Oſwald.	Secrets		7	0

S. Mathias falleth on the 25. day of this moneth when it is Leape=yeere, the other 3. yeeres onthe 24. day.

Groſſe meats do hurt, uſe food that's fine.
Let blood and take ſome Medicine.

1. Day Sun riſeth at 6. and 18. min. ſets at 5. and 42. min.
15. Day Sun riſeth at 5. and 50. min. ſets at 6. and 10. min.

1	d	David	bladder.		7	48
2	e	Chad	Thighes &		8	36
3	f	Maurice	hanches.		9	24
4	g	Dzian	Knees.	☾ Laſt quarter the 3. day, neer 11. in the mozning.	10	12
5	A	Focas & Eu.	Knees.		11	0
6	b	Victoz & Vic.	Legges.		11	48
7	c	Perpetus	Legges.		12	36
8	d	Felix mar.	Feete.		1	24
9	e	40 Martyzs	Feete.		2	12
10	f	Agapite	Head and Face.	● New Moone the 10. day, neer 4 in the mozning.	3	48
11	g	Solin Aies			4	36
12	A	Gzegozy			5	24
13	b	Theodoze	Necke and throate		6	12
14	c	Candide			7	0
15	d	Longine	Armes and hands.		7	48
16	e	Boniface			8	36
17	f	Patricke		☽ Firſt quarter the 17. day, nner 4. in the mozning.	9	24
18	g	K. Edward	Breaſt and ſtomocke		10	12
19	A	Joſ. Ma. huſ			11	0
20	b	Cutbert	Heart and backe		11	48
21	c	Benedict			12	36
22	d	Afradoſe	Belly and bowels.		1	24
23	e	Theodoze			2	12
24	f	Agapite		● Full Moone the 25 day, neer 8. in the evening.	3	0
25	g	Annun Mar.	Secrets & bladder		3	48
26	A	Caſtoz			4	36
27	b	Init Reg Car.	Thighes & hanches		5	24
28	c	Dozothie	Knees		6	12
29	d	Quintine			7	0
30	e	Quirine	Knees		7	48
31	f	Ydelme	Knees		8	36

April hath xxx. dayes.

The blood being hot, coole hearbes now use,
And March his precepts not refuse.

1. Day Sun riseth at 5. and 16. min. sets at 6. and 44. min.
15. Day Sun riseth at 4. and 51. min. sets at 7. and 9. min.

1	g	Gildard	Legges.	☾	9	24
2	A	Easter day	Legges.	Last quarter	10	12
3	b	Richard	Feete.	the 1. day,	11	0
4	c	Ambrose	Feet	at 7. at night.	11	48
5	d	Vincent	Feete.		12	36
6	e	Sextus	Head and		1	24
7	f	Euphemie	face.		2	12
8	g	Wed. com. in	Necke &	●	3	48
9	A	Low Sunday	throate.	New Moone	4	36
10	b	Sol in Taurus	Armes	the 8. day	5	24
11	c	Guthlake	and	neer 11. before	6	12
12	d	Julius	hands.	noon.	7	0
13	e	Zenon	Breast &		7	48
14	f	Olyffe	stomacke.		8	36
15	g	Oswald	Heart	☽	9	24
16	A	Isidore	and	First quarter	10	12
17	b	Aniete	backe.	the 15. day,	11	0
18	c	Eleutheri.	Belly and	neer 9. at	11	48
19	d	Terme beg.	bowels.	night.	12	36
20	e	Victor	Loines and		1	24
21	f	Simeon	reines.		2	12
22	g	Sother	Secrets &	○	3	0
23	A	S. George	bladder.	Full Moone	3	48
24	b	Wilfride	Thighes &	the 23. day,	4	36
25	c	Mark Evang.	hanches.	neer 10. in the	5	24
26	d	Elete	Knees.	night.	6	12
27	e	Anastasius	Knees.		7	0
28	f	Vitalis	Knees.		7	48
29	g	Peter mil.	Legges.	☾	8	36
30	A	Erkenwald.	Legges.	Last quarter	9	24
				30 day at midnight		

Put Sage in drinke, drinke Worme-wood-wine,
Use Physickes helpe, walke mornings fine.

1. Day Sun riseth at 4. and 23. min. sets at 7. and 37. min.
15. Day Sun riseth at 4. and 4. min. sets at 7. and 56. min.

1	b	Phil. & Jacob	Feete.		01	12
2	c	Athanasius	Feete.		11	0
3	d	Inven. crosse	Head and		11	48
4	e	Chtistopher	face.		12	36
5	f	Goddard	Necke		1	24
6	g	John port. lat	and		2	12
7	a	Rogation sun	throate	New Moone	3	0
8	b	Wed. goes out	Armes and	the 7. day,	3	48
9	c	Nicholas	hands.	neer 9. in the	4	36
10	d	Godian	Breast	night.	5	24
11	e	Ascension day	and		6	12
12	f	Sol in Gem	Stomacke.		7	0
13	g	Gervat.	Heart and		7	48
14	a	Boniface	backe.	First quarter	8	36
15	b	Time ends.	belly and	the 15. day,	9	24
16	c	Brandon	Bowels	neer 3. after=	10	12
17	d	Bernard	Loins	noon.	11	0
18	e	Disco.	and		11	48
19	f	Dunstan	reines.		12	36
20	g	Bernardine	Secrets &		1	24
21	a	Whitsunday	bladder	Full Moone	2	12
22	b	Julian	Thighes &	the 23. day,	3	0
23	c	Desiderii	hanches.	neer 11. in the	3	48
24	d	Francis	Knees.	forenoon.	4	36
25	e	Adelme	Knees.		5	24
26	f	Ember week	Legges.		6	12
27	g	Wed. comm. in	Legges.		7	0
28	a	Trinitie Sund.	Feete.	Last quarter	7	48
29	b	Michomede	Feete.	the 30. day,	8	36
30	c	Petronil	Head and	neer 6. in the	9	24
31	d	Merius	face	morning.	10	21

Let Phiſicke goe coole hearbes now take,
Sweete drinks and Venus now forſake.

1. Day Sun riſeth at 3. and 50 min. ſets at 8. and 10. min.
15. Day Sun riſeth at 3. and 47. min. ſets at 8 & 13. min.

1	e	Corpus Chri.	Necke, and		11	0
2	f	Terme begin.	throate		11	48
3	g	Eraſmus	Armes and	●	12	36
4	A	Petroctus	hands	New Moone	1	24
5	b	Bonifacius	Breaſt	the 6. day,	2	12
6	c	Melonius	and	neer 8. in the	3	48
7	d	Wiſtan	ſtomacke	morning,	4	36
8	e	Edmund tr.	Heart and		5	24
9	f	Medard & Gi	backe		6	12
10	g	Juan	Bowels	☽	7	0
11	A	Barnabe	and	Firſt quarter	7	48
12	b	Sol in Cap.	Belly	the 14. day,	8	36
13	c	Anthony	Loines	neer 9. in the	9	24
14	d	Baſil	and	morning.	10	12
15	e	Modeſtus	Reines.		11	0
16	f	Richard	Secrets &		11	48
17	g	Botulph	bladder.	●	12	36
18	A	Exeupertus	Thighes &	Full Moone	1	24
19	b	Granatius	haunches.	the 21. day,	2	12
20	c	Edward	Knees.	neer 7. after=	3	0
21	d	Terme ends	Knees.	noone.	3	48
22	e	Alban	Legges.		4	36
23	f	Etheld.	Legges.		5	24
24	g	S. John Ba.	Feete.	☾	6	12
25	A	Elizabeth	Feete.	Laſt quarter	7	0
26	b	John & Paul	Head	the 28. d. neer	7	48
27	c	Treſcence	and	11. before	8	36
28	d	Leonis	face.	noon.	9	24
29	e	S. Pet. Apo.	Neck and		10	12
30	f	Con of Paul	throate.		11	0

July hath xxxj. dayes.

Uſe Sallets freſh to coole the heate,
And bath in Springs to cleanſe the ſweate.

1. Day Sun riſeth at 3. and 56. min. ſets at 8. and 4. min.
15. Day Sun riſeth at 4. and 12. min. ſets at 7. and 48. min

1	g	Oct. Joh. Ba.	Armes		11 48
2	A	Viſit. of Ma.	and		12 36
3	b	Thomas	hands.		1 24
4	c	Martin	Breaſt and	New Moone	2 12
5	d	Foe	ſtomache,	the 5. day,	3 0
6	e	Octa. of Pet.	Heart	neer 9. at	3 48
7	f	Thomas	and	night.	4 36
8	g	Grimbald	backe.		5 24
9	A	Ciril	Belly and		6 12
10	b	7. Brethren	bowels.		7 0
11	c	Benedict	Loines and	Firſt quarter	7 48
12	d	Nabor & Fe.	reines.	the 14. day,	8 36
13	e	Sol in Leo	Secrets	neer 1. in the	9 24
14	f	Bonavent.	and	morning.	10 12
15	g	Swithin.	bladder.		11 0
16	A	Osmond	Thighes &		11 48
17	b	Kenelme	hanches.		12 36
18	c	Arnulph	Knees.	Full Moone	1 24
19	d	Dog. Dal. beg.	Knees.	the 21. day,	2 12
20	e	Margaret	Legges	neer 2. in the	3 0
21	f	Praxed	Legges	morning.	3 48
22	g	Mary Mag.	Feete.		4 36
23	A	Apoline	Feete.		5 24
24	b	Chriſtin	Head and		6 12
25	c	S. James A.	face.	Laſt quarter	7 0
26	d	Vi. Ma. mo.	Necke &	the 27. day,	7 48
27	e	7. Sleepers	throate	neer 6. at	8 36
28	f	Nazarius bi.	Armes	night.	9 24
29	g	Felix & fel.	and		10 12
30	A	Abdon	hands		11 0
31	b	Germane	Breaſt		11 48

Fly Phyſicke and Phlebotomie,
Eſchew cold Bathes and Venerie.

1. Day Sun riſeth at 4. and 38. min. ſets at 7. and 22. min.
15. Day Sun riſeth at 5. and 4. min. ſets at 6. and 55. min.

1	c	Lammas day	Stomacke.		12 36
2	d	Steph.	Heart		1 24
3	e	Inv. Steph.	and		2 12
4	f	Juſtin.	backe.	●	3 0
5	g	Oſwald	Belly and	New Moone	3 48
6	♌	Tranſſi. Dom	bowels.	the 4. day,	4 36
7	b	Feaſt of Jeſu	Loines	neer 11. before	5 24
8	c	Ciracke	and	noone.	6 12
9	d	Roman	reines		7 0
10	e	Lawrence	Secrets &		7 48
11	f	Tiburt	bladder.	☽	8 36
12	g	Clare	Thighes &	Firſt quarter	9 24
13	♌	Sol in virgo	hanches.	the 12. day,	10 12
14	b	Euſebius	Knees.	neer 3. in the	11 0
15	c	Aſſum. Mar.	Knees.	afternoon.	11 48
16	d	Rochus	Legges.		12 36
17	e	Oct. Law.	Legges.		1 24
18	f	Agapite	Feet	○	2 12
19	g	Magnus	Feet	Full Moone	3 0
20	♌	Lewes	Head &	the 19. day,	3 48
21	b	Bernard	face.	neer 10. in the	4 36
22	c	Privatius	Necke	forenoone.	5 24
23	d	Timoth	and		6 12
24	e	S. Barthol. Ap.	thyoate.		7 0
25	f	Lodovicus	Armes and	☾	7 48
26	g	Severine	hands.	Laſt quarter	8 36
27	♍	Ruffinus	Breaſt	the 26. Day	9 24
28	b	Auguſtine	and	neer 3. in the	10 12
29	c	Dog dai end	ſtomacke.	morning.	11 0
30	d	Felix & Andr.	Heart and		11 48
31	e	Paulinus	backe.		12 36

September hath xxx. daies.

Now drinke Goates milke, on ripe fruits feede;
(If neede require) Purge, Bath and Bleed.

1. Day Sun riseth at 5. and 37. min. sets at 6. and 23. min
15. Day Sun riseth at 6. and 4. min. sets at 5. and 56. min

1	f	Giles	Belly and bowels.		1 24
2	g	Anthony	Loines & reines.		2 12
3	A	Gregory	Secrets & bladder.	● New Moone the 3. day, neer 4. in the morning.	3 48
4	b	Cuthert	Thighes & hanches.		4 36
5	c	Bertine	Knees.		5 24
6	d	Eugenius	Knees.		6 12
7	e	Emurtius	Legges.		7 0
8	f	Nat. of Mary	Legges.		7 48
9	g	Gorgonius	Feete.		8 36
10	A	Silvius	Feete.		9 24
11	b	Prothus	Feete.	☽ First quarter the 11. day, neer 2. in the morning.	10 12
12	c	Martian	Hea & face		11 0
13	d	Sol in Libra	Neke and throate.		11 48
14	e	Holy Crosse	Armes and hands.		12 36
15	f	Ember weeke	Brest and stomacke.		1 24
16	g	Edith	Heart and backe.	Moon eclipsed	2 12
17	A	Hugh	Belly and bowels.		3 0
18	b	Victor & Cor.		● Full Moone the 17. day, neer 7. in the evening.	3 48
19	c	January			4 36
20	d	Eustace			5 24
21	e	S. Mathew Ev.			6 12
22	f	Mauricius			7 0
23	g	Cecia			7 48
24	A	Andoche			8 36
25	b	Firmin		☾ Last quarter the 24. day, neer 4. in the afternoone.	9 24
26	c	Cipzian			10 12
27	d	Cosm. & Da.			11 0
28	e	Exeupe.			11 48
29	f	Michael Arch.			12 36
30	g	Hierom:			1 24

Strong Wine, hot Bathes, and ſpice that's good,
Preſerves our health; purge, and let blood.

1. Day Sun riſeth at 6. and 36. min. ſets at 5. and 24. min.
15. Day Sun riſeth at 7. and 2. min. ſets at 4. and 57. min.

1	♌	Remigius	Loines and		2 12
2	b	Leodegarius	reines.		3 0
3	c	Candide	Secrets &		3 48
4	d	Francis	bladder.		4 36
5	e	Apolinary	Thighes	● New Moone	5 24
6	f	Faith	and	the 2. day,	6 12
7	g	Mare. & Mar.	hanches.	neer 9. in the	7 0
8	♎	Pelagius	Knees.	night.	7 48
9	d	Dioniſe	Knees.		8 36
10	e	Gereon	Legges.		9 24
11	d	Nicaſius	Legges.	☽	10 12
12	e	Wilfride	Feete.	First quarter	11 0
13	f	Sol in Scorp.	Feete.	the 10. day,	11 48
14	g	Caliſtus	Head &	neer noone.	12 36
15	♏	Wolfran	face.		1 24
16	b	Michael mon	Necke		2 12
17	c	Etheldred	and		3 0
18	d	S. Luke Ew.	throate.		3 48
19	e	Frideſwide	Armes and	● Full Moone	4 36
20	f	Aſtrebert	hands.	the 17. day,	5 24
21	g	11000. Virg.	Breaſt and	neer 4. in the	6 12
22	♐	Mary Sol.	ſtomacke	morning.	7 0
23	b	Vrſine & gins	Heart		7 48
24	c	Magloire	and		8 36
25	d	Criſ. & Criſp.	backe.		9 24
26	e	Urſula	Belly and	☾ Laſt quarter	10 12
27	f	Florence	bowels.	the 24. day,	11 0
28	g	Simon & Ju.	Loines	neer 10. before	11 48
29	♑	Narciſſus	and	noon.	12 36
30	b	Germane	reines.		1 24
31	c	Quintin	Secrets		2 12

November hath xxx. dayes.

From cold preſerve thy head and feete,
Abſtaine from wine that's new and ſweete.

1. Day Sun riſeth at 7. and 34. min. ſets at 4. and 26. min.
15. Day Sun riſeth at 7. and 55. min. ſets at 4. and 5. min.

1	d	All Saints	bladder.		3	48
2	e	All Soules	Thighes &		4	36
3	f	Winifride	hanches.		5	24
4	g	Amantius	Knees.	● New Moone	6	12
5	A	Papiſts conſp.	Knees.	the 1. day,	7	0
6	b	Leonard	Legges.	at 2. in the	7	48
7	c	Willbrode	Legges.	afternoone.	8	36
8	D	4. Crowned	Feete.		9	24
9	e	Theodoze	Feete.		10	12
10	f	Martine	Head and	☽	11	0
11	g	Martine	face.	Firſt quarter	11	48
12	A	Sol in Sagit.	Necke	the 8. day,	12	36
13	b	Brice	and	neer 9. in the	1	24
14	c	Erken	throate.	night.	2	12
15	d	Macute	Armes &		3	0
16	e	Edmond	hands.		3	48
17	f	Hugh.	Breaſt	●	4	36
18	g	Oct. Martine	and	Full Moone	5	24
19	A	Nat. K. Charl.	ſtomack.	the 15. day,	6	12
20	b	Edmund	Heart and	neer 4. in the	7	0
21	c	Pref. of Ma.	backe.	afternoon.	7	48
22	d	Cicell	Belly		8	36
23	e	Clement	and		9	24
24	f	Grysogon	bowels.	☾	10	12
25	g	Katherine	Loines and	Laſt quarter	11	0
26	A	Linus	reines.	the 23. day,	11	48
27	b	Agricola	Secrets &	neer 6. in the	12	36
28	c	Terme ends	bladder	morning.	1	24
29	d	Sarum	Thighes &		2	12
30	e	S. Andrew A	hanches.		3	0

December hath xxxj. dayes.

Use meates that's warme, hot spice and wine,
Invite the Poore to sup and dine.

1. Day Sun riseth at 8. and 10. min. sets at 3. and 50. min.
15. Day Sun riseth at 8. and 13. min. sets at 3. and 47. min

1	f	Elegi.	Knees.	●	3	48
2	g	Libanus ma.	Knees.	New Moone	4	36
3	A	Advent sund.	Legges.	the 1. day,	5	24
4	b	Wed. go out	Legges.	neer 5. in the	6	12
5	c	Sabbe	Feete.	morning.	7	0
6	d	Nicholas	Feete.		7	48
7	e	Ambrose	Head	☽	8	36
8	f	Conc. of Ma.	and	First quarter	9	24
9	g	Cyprian	face	the 8. day,	10	12
10	A	Eulalie	Necke &	neer 6. in the	11	0
11	b	Damase	throate.	morning.	11	48
12	c	Sol. in Capr.	Armes		12	36
13	d	Lucie	and		1	24
14	e	Otholie	hands.	●	2	12
15	f	Valeri.	Brest and	Full Moone	3	0
16	g	O sapientia	stomacke.	the 15. day	3	48
17	A	Lazarus	Heart	neer 5. in the	4	36
18	b	Gratian	and	morning.	5	24
19	c	Venesia	back		6	12
20	d	Ember weeke	Belly &		7	0
21	e	Thomas Apo.	bowels.		7	48
22	f	30. Martyrs	Loines and	☾	8	36
23	g	Victor	reines.	Last quarter	9	24
24	A	Canoide	Secrets	the 23. day,	10	12
25	b	Christmas d.	and	neer 5. in the	11	0
26	c	S. Stephen.	Bladder	morning.	11	48
27	d	S. Iohn Evan	Thighes &		12	36
28	e	Innocents	hanches.	●	1	24
29	f	Thom. Beck.	Knees.	New Moone	2	12
30	g	James	Knees.	30. day, neer	3	0
31	A	Silvester	Legges.	8. at night	3	48

WHITE. 1643.

A Prognostication for this yeare of our Lord God. 1643.

Being the third after the Leap-year.

VVherein is conteyned the state *of the whole Yeare; the disposition of* each Quarter; and the Inclination of the Weather for euery Quarter of the Moone throughout the whole Yeare.

With certain briefe notes concerning the yeer and the parts thereof, with other generall Rules.

With other things fit to be known, both pleasant and profitable.

And at the end of the Booke, is the whole *Almanacke, conteyned in one Leafe, for this* Yeare 1643. which being cut out, is fit to be placed into a Table-Booke, Booke of Accompt, or other.

By *Iohn White*, Well-willer to the *Mathematicks*.

LONDON,
Printed by *J. R.* for the Company of Stationers. 1643.

A Chronologie or Computation of yeeres to this present yeere. 1643.

Since the Creation of the World to this yeare	5592
Since the Flood	3936
Since London was built	2751
Since Yorke was built	2609
Since Rome was built	2394
Since the destruction of Ierusalem	1572
Since England first receiued the Christian Faith	1463
Since the Conquest of England by Duke William	577
Since S. Paules Church in London was built	557
Since London-bridge was built with stone	467
Since the first Lord Maior of London	452
Since the Order of the Knights of the Garter	299
Since the Invention of Gunnes	263
Since the Art of Printing was inuented	183
Since King Henry the 8. conquered Bulloyne	98
Since the first vse of Coaches in England	88
Since the burning of Paules steeple	82
Since the Royall Exchange was built	78
Since the Earles rebellion in the North	74
Since the blasing Starre, and sharpe Winter	71
Since the Massacre in France	71
Since the whole Heauens seemed to burne with Fire	69
Since the former deepe Snow	64
Since the generall Earthquake	63
Since Tobacco was first vsed in England	58
Since the Campe at Tilbury in Essex	55
Since the greate Plague in London	40
Since the Gunpowder Treason	38
Since the former great Frost	35
Since the death of Prince Henrie	31
Since the former deepe Snow	28
Since his last Blasing-starre	25
Since the Maiesties returne from Spaine	20
Since the fall at Blackfryers	20
Since his Maiesties proclaiming	18
Since Prince Charles was borne.	13

A briefe Declaration of the Disposition of the foure Quarters of this Yeare.

And first of Winter.

The Winter Quarter best doth prophenate
To all Degrees, and Sexes, their estate.

Sol in Capricorne, Aquarius, Pisces.

THe Winter Quarter (after the ancient Astronomers) did begin the last yeare 1642. upon Munday the 12. of December; as the Sun did make his first entrance into the first greade of Capricorne, or Winterly Signe; This Quarter of the yeer doth end, 1643. upon the 11 day of March: in which time the Sunne maketh his passage through these three Hyemal Signes, Capricorne, Aquarius, and Pisces.

This Quarter of its proper nature is cold and moyst. (being of contrary quality to the Summer) and is of the Phlegmatick Complexion. which humor doth most predominate over our bodies this Quarter, from three of the Clock in the afternoon, till 12. of the clocke at night This is unstuall the time that the sea-sost Mariners endureth many a storm on the raging Ocean; Boreas blows hard, and stirr, roreing the billowes of the Sea to mount their foming tops: The Ayre is now coldest, Floods at the highest, the Dayes shortest, and the Nights longest; Now doth the vigour and strength of every Creature grow most weak and feeble: The peares of the Earth are now enclosed and shut up by the extreame coldnesse of the Ayre Fowles flye to the warmest Regions, Beasts seeke for a shelter, Serpents betake them to their dennes, and the Fishes get into the deepest of the waters for their warmth and comfort: (for nature doth teach them so to do:) For whatsoever the cheerefull Spring and comfortable Summer did produce and nourish, this Quarter doth destroy and vanish. The colder and sharper that the Winter is, it is the more wholesome for Man

and Beast: But overmuch cold destroyeth Trees, Plants, & Flowers in a cold Climate. A moyst and warme Winter is no friend to Nature, yet a friend to Husbandry; and indifferent store of Snow rankeneth the Earth, and preserueth Corne. Those which would preserue their healths, should vse such meats that are of operation hot and drie, and expell the cold and unwholesome ayre with good fires, warme Broathes, comfortable Drinks, and strong Wines: Being carefull to keep your Head & Feet from wet & cold: Yet can the stomack digest more grosse and strong Meats then in Summer: the reason is, That the naturall heat is driuen (by the coldnes of the ayre) into the inward parts of the body, to helpe digestion, & to comfort the vitall Spirits.

The Sicknesses and Diseases of this Quarter, are these (or the like) as Coughes, Rhewmes, Poles, Gowtes, Palsies, Agues, Sore Eyes, Cathars, Crampes, Tooth-ach, Sciaticaes, Flures, &c.

Of the Second part of the Yeare called the Spring.

The Spring compared is to Infancy,
To spring and grow in Vertue till we dye.

Sol in Aries, Taurus, Gemini.

NOw marcheth in the pleasant Spring, upon Saturday being the eleuenth day of March, when glorious Phebus with his cheerfull rates entreth into the first degree of the first Equinoctiall Signe of Aries, smiling on Terras, nakednes; which quarter doth end upon Munday, the xii. of June, in which time he traverseth through these three Vernall Signes, Aries, Taurus, Gemini.

By nature this Quarter is to be hot and moyst, participating of the Sanguine complexion: which humour hath most predomination from nine a Clocke at night, untill three of the Clocke in the morning. The dayes and nights are now of an equall length through the world, and the Sunnes presence warmeth the Earth, causing the Trees and Plants with their varieties of Blossomes to appear: of all the other Quarters of the yeare, this is the most pleasant and wholesome;

ſome; and it is the moſt conveniest ſeaſon to remoue Diſeaſes of a long continuance, and to preuent thoſe which are like to enſue. The Birds of the ayre couple and breed, Beaſts of the Earth increaſeth, and the Fiſhes of the Waters doe multiply in abundance, leauing the deepeſt of the Water to retreat themſelues in the ſhallower places: The Spring being ouer-wet increaſeth Weedes, and cauſeth Fruits to be ſcarce and rotten: and it expedient for our healths, that we now vſe ſuch Meates as are of a cold and dry qualitie: and let your Drinks be more coole and ſmall then in Winter: And it is now the beſt ſeaſon (if need require) to Purge, Bathe, Bleed, or Sweat.

The common Infirmities of this Quarter, are Meaſels, Small-pox, Scabs, Pulhes in the face, Kings-euill, Agues, Feauers, Peſtilence, &c.

Of the third part of the Yeare, called Summer.

Like Man in his chiefe ſtate and luſty yeares,
The ripening Summer Quarter beſt appeares.

Sol in Cancer, Leo, Virgo.

SUmmer Quarter taketh its beginning vpon Munday the xii of June, when the ſcorching Sun entereth into the firſt degree of the Northren Tropique of Cancer, which continueth till Wedneſday the xiii. of September, in which ſpace of time hee paſſeth through theſe three Solſtitiall Signes, Cancer, Leo, Virgo.

The vſuall condition of this Quarter is to be hot & dry, participating part of the Choleriek Complexion, which humour doeth chiefely gouerne from 3. of the Clock in the morning, till 9. before noone. Now is the Sunne at the highest, cauſing the dayes to be at the longeſt, and nights ſhorteſt. Heate is at the highest, floods at the loweſt, Seas quieteſt, and Winds calmeſt: The fruitfull Earth is now cloathed in her richeſt embroydery, imparting of her ſtore to all Creatures ſenſible, for

their vse and comfort: Fruit is ripe in their delicacy, and Flowers are in their beauty: and the painefull Bees gather each their Honey for their future sustenance: Naturall heate is now dispersed abroad into the outward parts of the Body, & Man is not so hot within as in Winter, neither can hee digest such grosse and strong Meates, as at that season; but yet the most small and coole Drinkes are most conuenient for our healths, and little doze of Meates doth best suffice Nature, and those which be boyled are most wholesome, and vse such things as are of a cold and moyst qualitie: The Summer ouer-wet destroyeth Corne, and rotteth Fruit.

The most Diseases and Sicknesses of this Quarter, are Pestilence, Feuers, Agues, Iaundies, and paine in the Head and Belly, &c.

Of the fourth part of the Yeere, called Autumne or Harueſt.

As Autumne ſtealeth the ſappe from Tree and Flower,
So Death comes creeping neerer euery houre.

Sol in Libra, Scorpio, Sagitarij.

AVtumne, (commonly tearmed the fall of the Leaf) now vncloatheth the Earth of her former bravery: This Quarter beginneth on Wednesday the viii. of September, and maketh the second Equinoctiall, the Sun taking his passage through these three Autumnall Signes, Libra, Scorpio, Sagitarij, and endeth the twelfe of December.

By nature this Quarter is cold and drie, taking most part of the Melancholy Complexion, which humor doth chiefly governe from ix. of the Clocke in the Morning, till 3. in the afternoone. Now are the dayes equally ballanced with the nights; the Grasse is mowed, Corne is reaped, Frukes gathered, and the painefull husband-man reapeth the profit of his forepassed labours: The Leaues decaie, Flowers fade, Floods increase, and all Vegitables loseth their former vigour and strength, and the most part of sensible Creatures seeke for

or shelter against the stormie ensuing Winter: Of all the other Quarters of the yeare this is the most unwholsome, breeding diseases of divers kinds in our bodies; therefore beware of the morning and evening cold, and it is convenient that we should use such things as are of a hot and moist operation: It is now a time (if need requireth) to Purge, Bath, and Bleed: This Quarter being ouerwet causeth scarcity of Fruit, putrifieth Grapes, causing unwholesome Wines.

The ordinary diseases attending this Quarter are many, as the Stone, pain in the Back, and Kidnies, sore Eyes, Agues, Melancholy, Falling sickness, Fluxes of Blood, Fluxes, Spleen, Emrods, &c.

The New, Full, and Quarters of the Moone, with the ordinary judgement of the Weather for every Quarter of the Moon, for this yeer. 1643.

January.

Last Quarter on Tuesday the iii. day, at vii. of the clock before noon, windy and wet.

New Moone on Wednesday the xi. day, neer vi. of the clocke in the morning, cold blasts.

First Quarter on Munnay the xvi day, neer x. of the clock at night, Frost.

Full Moone on Tuesday the xviii. day, neer viii. of the clocke in the night, faire.

February.

Last Quarter on Wednesday the i. day, about ii. of the clock at night, snow or sleete.

New Moone on Wednesday the viii. day, neer iiii in the afternoon, wet.

First Quarter on Wednesday the xv. day, neer noon, windy.

Full Moon on Thursday the xxii. day, about iii. of the clock in the afternoon, Frost.

March.

Last Quarter on Friday the iii. day, neer xi. of the clocke in the morning, fair.

New Moone on Friday the x. day, about i. of the clock in the morning, wet.

First Quarter on Friday the xvii. day, neer v. of the clock in the morning, high winds.

Full Moone on Munday the xxv. day, about viii. of the clock in the morning, frost like.

Aprill.

Last Quarter on Saturday the i. day, about vii. of the clock at night, rain

New Moone on Saturday the viii. day, about xi. of the clocke in the forenoon faire.

First Quarter on Saturday the xv. day, neer x. of the clock in the night, indifferent.

Full Moone on Sunday the xviii. day, about x. of the clock in the night, wet.

Last Quarter on Sunday, the last day at midnight, windy and wet.

May.

New Moone on Sunday the viii. day, about ii. of the clock in the night, fair.

First Quarter on Munday the xv. day, neer iiii. of the clock in the afternoon, somthing cold,

Full Moone the xviii. day, about xi. of the clock in the morning, fair.

Last Quarter Sunday the xxv. day, neer vi. of the clock in the morning, showres.

June.

New Moone on Tuesday the vi. day, about viii. of the clocke in the morning, faire.

First Quarter on Wednesday the xiiii. day, neer x. of the clocke at night, gentle blasts.

Full Moone on Wednesday the xxi. day, about vii. of the clocke in the afternoon, indifferent.

Last

Laſt Quarter on Wedneſday the xxviii. day, neer xi. of th clock in the forenoone, faire.

Julie.

New Moone on Wedneſday the v. day, about iv. of the clock at night, very hot.

Firſt Quarter on Friday the xiii. day, neer i. of the clock in the morning, windy and wet.

Full Moone on Friday the xx. day, about ii. of the clock in the morning. faire.

Laſt Quarter on Thurſday the xxvii. day, neer vi. of the clock at night, faire.

Auguſt.

New Moone on Friday the iii. day, neer about ii. in the forenoon, faire.

Firſt Quarter on Saturday the xi. day, about iii. of the clock afternoon, wet.

Full Moone on Saturday the xix. day, neer x. of the clock in the forenoon. ſome overcaſts.

Laſt Quarter Saturday the xxvi. day, about iii. of the clock in the morning, windy.

September.

New Moone on Sunday, the iii. day, neere iiii. of the clock in the morning, faire.

Firſt Quarter on Munday the xi. day, about two of the clock in the morning, indifferent.

Full Moone on Sunday the xvii day, neer vii. of the clock in the evening. wet.

Laſt Quarter on Sunday the xxiiii. day, about iii. of the clocke in the afternoon, cloudy.

October.

New Moon on Munday the ii. day, neer ix. of the clock in the night, windy.

Firſt Quarter on Tueſday the x. day, about noone, faire.

Full Moon on Tueſday the xvii. day, neer iii. of the clock in the morning, faire.

Laſt

Last Quarter on Tuesday the xxviii. day, about x. of the clock in the morning, indifferent.

November.

New Moone on Wednesday the i. day, at ſi. of the clocke in the afternoon.

First Quarter on Wednesday the viii. day, neer nine of the clock at night, windy and wet.

Full Moone on Wednesday the xv. day, about four of the clock in the afternoon, frost.

Last Quarter on Thursday the xxiii. day, neer vi. of the clocke in the morning, hard weather.

December.

New Moone on Friday the i. day, neer v. in the morning.

First Quarter on Friday the viii. day, neer vi of the clock in the morning, wet.

Full Moone on Friday the xv. day, about v. of the clock in the morning, some frost.

Last Quarter on Saturday the xxiii. day, neer v. of the clock in the morning, windy.

New Moon on Saturday the xxx. day, about viii. of the clock at night, frost.

Of one Eccliſe of the Moon this Yeer.

The Eccliſe of the Moon is upon ſunday, the 17. day of September, neer 6. of the clock in the morning.

Certaine

Certaine briefe Notes concerning the Yeare and parts thereof, with other generall Rules.

A Yeare properly is that revolution and ſpace of time wherein the Sun paſſeth through the twelve Signes of the Zodiack.

A Yéere hath in it twelve Moneths of the Sun, thirteene Months of the Moone: Fifty two Wéekes, three hundred threéſcore and five dayes.

It is to be underſtood when a Yéere hath in it but threé hundred threéſcore and five dayes, it is meant by the common yeare: But the Aſtronomicall yéeres containeth threé hundred threéſcore and five dayes and ſixe houres: and when it is Leap yéere, the yeare is a day longer than the common yeares, which is in February, the common having but xxviij dayes, the Leape xxix.

A Moneth of the Moone is the ſpace and length of time which is betweén the New Moone and her Wane: And the uſuall or common Moneth, is a certaine number of dayes, which are xxviij.

A Wéeke or Sevennight, is the fourth part of a Moneth.

A Day is the ſeventh part of a Wéek; and there be two ſorts of dayes, the one is a day naturall, the other a day artificiall.

A

A day naturall, is the space of xxiiij houres, accounting the night withall.

An artificiall day, is that space of time which is betweene the rising and setting of the Sun.

An houre is the twenty fourth part of a day naturall.

And a minute is an houre divided into threescore parts.

Of the seuerall Conquests of ENGLAND.

Of Ilands *England* was the greatest Ile,
by *Iulius Cæsar* first of Romans knowne;
By Frenchmen next it was possest a while,
by *Claudius Cæsar* they were overthrowne,
To whom, though they allegeance due did yeeld,
yet still their Lawes and Customes they retain'd,
Though they by Strangers then were foild in Field,
to beare a Strangers yoake yet they disdain'd.
Amongst all Ilands *England* was the first,
that entertaind the Gospell of the Lord,
Till *Diocleſian* for blood did thirst,
on all that to this Doctrine did accord.
This land by *French-men* and by *Scots* oppreſt,
the *Saxons* ayded it, and it enioy'd,
Till *Danes* did vanquish them, and it possest,
who by the former People were destroy'd:
And ever since, the Noble *Normans* race
fiue hundred seventy three yeares haue remain'd,
No Forreigne powers their Kingdome could deface,
such stout victorious Kings of them haue raign'd.
Heavens keepe our royall King, her Majestie,
And ever blesse their Royall Progenie.

The

The beginning, continuance, and ending of the Kings reignes since the Conquest, with the time how long it is since, to this Yeare 1643.

Being fit for Scriueners, and such as are imployed in Law causes.

The Kings names	Began his reigne.	Reigned yeers. mon. daies	Since their Reignes began.
Wil. Conq.	1066 Octob. 14	20 11 22	575 Octob. 14
Wil. Rufus	1087 Septem. 9	12 11 19	555 Septem. 9
Henry 1	1100 August. 1	35 4 11	541 August 1
Stephen	1135 Decem. 2	18 11 19	507 Decemb. 2
Henry 2	1154 Octo. 25	34 9 2	488 Octob. 25
Richard 1	1189 Iuly 6	9 9 22	452 Iuly 6
Iohn	1199 April 6	17 7 0	443 April 6
Henry 3	1216 Octob. 19	56 1 0	426 Octob. 19
Edward 1	1272 Nouē. 16	34 8 9	372 Nouem. 16
Edward 2	1307 Iuly 7	19 7 6	334 Iuly 7
Edward 3	1326 Ianua. 25	50 5 7	316 Ianuary 25
Richard 2	1377 Iune 21	22 3 16	265 Iune 21
Henry 4	1399 Septe. 29	13 6 5	243 Septem. 29
Henry 5	1412 March 20	9 5 24	230 March 20
Henry 6	1422 August. 31	38 6 18	220 August 31
Edward 4	1460 March 4	12 1 8	182 March 4
Edward 5	1483 April 9	0 2 18	159 April 9
Richard 3	1483 Iune. 22	2 2 5	159 Iune 22
Henry 7	1485 August. 22	23 8 19	157 August 22
Henry 8	1509 April. 22	37 10 2	133 April 22
Edward 6	1546 Ianua. 28	6 5 19	56 Ianuary 28
Mary	1553 Iuly 6	5 4 22	89 Iuly 6
Elizabeth.	1558 Noue. 17	44 4 15	84 Nouem. 17
K. Iames.	1602 March. 24	22 0 3	17 March 24

K. Charles. 1625 Mar. 27. After which, writing 19. yeares.

The explanation of the former Table.

NOte that euery King began his raigne, the same time that the next precedent King ended his.

If you desire to know how long it is since the beginning of the raigne of any King, looke how long it is since the ending of the precedent King, and there you shall finde your request.

As for example: If you would know when King Henry the 8. began his raigne, how long he raigned, and also how long it is since his raigne: find out first his name amongst the names of the Kings, and searching the role towards the right hand, you shall finde he began his raign in the year 1509 the 22 of Aprill, & vnder the title of the time that he raigned, is 37 yeares, 10 months, and 2 days: And looking forwards in the same rowe, where is 133 yeares Aprill 22 vnder the title of since his raigne began.

How to iudge what Weather will follow, by the rising and setting of the Sunne.

THe Sunne rising bright and cleare, signifieth a pleasant day. If he rise fiery red, it promiseth raine: If in his rising he be thinly ouercast with a cloud, it betokeneth foule weather: If the Sun driue the clouds before him into the West, it signifieth faire weather: If at his rising there appeare a circle about him, & banisheth away equally, it betokeneth faire weather. Also, if he setteth red, it signifieth faire weather: If at his setting he be of diuers colours, or clouds like water, it threatneth raine. If at the rising of the Sun, his beames seeme red, or long, or incompassed with red clouds, it signifieth great windes: If at his setting there appeare thicke myst, or if it raineth in the euening, it threatneth very foule weather to follow. Also, if the Sunne beames be spotted either greene, pale, or blacke, gathered to a cloud, it signifieth raine. The Sun setting cleare without any cloud, signifieth a faire night to ensue. If the circle, or circles about the Sun be cleare, & of no continuance, looke for faire weather: If there be many circles, it signifieth windes: the redder they are, the more vehement winds. If the circles are heere and there broken, and are thicke and black, looke for cold wind or snow: Or, if he settle behinde a great black cloud, raine followeth.

How

How weather is foreknowne by the Moone.

IF the Moone in the third day of her change, or three daies before her full, or in the midst of the quarter, be found of pure light, nothing encompassing her, the ends direct up, shee promiseth fayre weather: but bent to red colour, procureth winds. The Moon pale, or somwhat blacke or thicke, threatneth raine. When the Moone is fiue dayes olde, marke the tips of her hornes, if they be blunt, it signifieth raine: if sharpe pointed and pricking vpwards, great winds. If in the fourth day after her change, she haue a red circle about her, it signifieth winds and raine.

Of the iudgement of the weather by the Starrs.

IF the Starres appeare of much light, and seeme to be of more bignesse & blazing then ordinary, it betokeneth great windes & moysture in that part where they seeme so: and in Winter, great frostes. When diuine Starres appeare with long fiery tayles, it threatneth winds, and great drought: the more in number, the greater will be the effect. Also, when Starres seeme to shoot or fall, it signifieth great winds in that place: If they seeme to shoot in diuers places, it signifieth diuers winds: If in all places, winds, thunder, lightning, and most tempestuous weather.

A short Instruction, and very necessarie to know *the times and seasons when to Sow, and replant* all maner of Seedes for the Garden.

SOw Cabbages in Februarie, March, or Aprill, in the Wane of the Moone: and replant them in the Decrease.

Sow Cabbage-Lettuce in Februarie, March, or July, in the old of the Moone.

Sow Onions & Leekes, in Februarie or March, at the Wane of the Moone.

Sow Beetes in Februarie or March, at a full Moone.

Sow

Sow Colewoꝛts white & greene, in the middle of Auguſt oꝛ September: Plant the young ones in October, and let them again in Nouember.

Sow Parſneps in Febꝛuarie, Aprill, oꝛ June, in a fayꝛe day.

Sow Radiſh in Febꝛuarie, Aprill, oꝛ June, in the increaſe of the Moone.

Sow Pumpions, Cowcumbers, Mellons, and Gourdes, in Febꝛuary, March, oꝛ June, in a hotte and fayꝛe day.

Sow Spinage in Febꝛuarie oꝛ March, in the old of the Moone.

Sow Parſely, Fennell, and Annis-ſeede, in Febꝛuary oꝛ March at the full of the Moone.

Sow white Cicory in Febꝛuary, March, July, oꝛ Auguſt, in a full Moone.

Sow Cardus-benedictus in Febꝛuary, March, oꝛ May, when the Moone is old.

Sow Baſill in March, in an old Moone.

Sow Purſelaine in Febꝛuary, oꝛ March, in ỹ increaſe of ỹ moone.

Sow Margeram, Violets, Time, Flower-gentle, Roſemary, & Lauender, in Febꝛuary, March, oꝛ Aprill, at the increaſe of the Moone.

Sow Garden-creſſes, and Rocket, in Febꝛuary, at the increaſe.

Sow Sauill in Febꝛuary oꝛ March, at a new Moone.

Sow Coꝛiander, and Boꝛage, in Febꝛuary oꝛ March, at the Moones increaſe.

Sowe Harts-home, and Samphire, in Febꝛuary, March, oꝛ Aprill, at an old Moone.

Sow Gilliflowers, Hearts-eaſe, and Wall-flowers, in March oꝛ Aprill, in an old Moone.

Sow Cardus, and Artichokes, in March oꝛ Aprill, when the Moone is old.

Sow Chick-weed, in Febꝛuary oꝛ March, at the full of the Moone.

Sow Burnet in Febꝛuary oꝛ March, at an old Moone.

Sow Hiſop and Sauꝛey in March, when the Moone is old.

Sow double Marigolds in Febꝛuary oꝛ March, at the increaſe of the Moone.

Sow Larkes-foote, Sparges, and Sperage, in Febꝛuary, in an old Moone.

Sow

Sow white Poppy, and Palma-Christi in February or March, at the increase of the Moone.

Sow all manner of Corne the Moone increasing, she being in Cancer, Libra, or Aquarius.

Set or sow all kind of Seeds the Moone in Aries, Taurus, Cancer, Virgo, Libra, Capricorne, Aquarius, or Pisces: but those Seeds whose Rootes are round, should be sowne three or fower dayes before, or after the full Moone.

Certaine and short Rules, for the comforting of the chiefe officiall Members of the Body of Man.

Things which are good to comfort the Head.

Lignum-Aloes, Mariorum, Galingale, Muske, Rosemary, Roses, Cammomell, Rue, Frankinsence, Nutmegs, Hysop, Balme, Mints, Spike, and Gladen.

Things good for the Eyes.

Fennell, Veruen, Cloues, Cold water, Celendine, Eybright, Roses, and Agrimony.

Things good for the Stomacke.

Nutmegs, Cloues, Origanum, Corrall, Saffron, Quinces, Wormewood, Olibanum, Agrimony, Fumetory, Mastick, Lignum-Aloes, Spodium, and Coriander prepared.

Thinges good for the Heart.

Saffron, Cloues, Sinamon, Mace, Nutmegs, Mariorum, Burrage, Buglosse, Rosemary, Mirabolanes, Pearles, Lignum-Aloes, Corall, Muske, and Setwell.

Things good for the Liuer.

Liuerwort, great Raysons, Wormewood, Agrimony, Saffron, Cloues, Endiue, Violets, Fennell, Plantine, Dragons, Rosewater, Lettuce, Violets, Sanders.

Things good for the Lungs.

Licoris, Raisons, Almonds, Dates, Lungwort, Maydenhaire, Elicampane, Pistates, and Penedies,

Things hurtfull for the Body.

Meates hurtfull to the Teeth.

NUtres, Meates very hot, Warme drinke, Sweete meates and drinkes, Radish rootes, Hard meates, Bitter meates, Milke, much Vomiting, Leekes, Fatte of Fish, Colworts, & Lummons.

Things hurtfull to the Eyes.

Garlicke, Onions, Radish, Drunkennesse, Lettherie, Sweete and thicke Wines, Salt meates, Colewoorts, all Pulse, Mull, Wine, Dust, Smoake, Fire, and reading presently after supper.

Rules of Mensuration.

A Fingers breadth is foure Barly cornes in thicknes; and an Inch three Barly cornes in length: A hands breadth foure fingers: A span is three hands breadth: A foot is foure hands breadth: A Geometricall Pale is five foot: an English Pearch is xvi. foot ½. A Furlong is a hundred & twenty five pales, or six hundred twenty and five foot: An English Furlong is five hundred and threescore foot, or a hundred thirtie two pales: A League is a thousand and five hundred pales: An Italian Mile is a thousand pales, or eight Furlongs: A common German Mile is thirty two Furlongs. An English Mile is eight Furlongs: An Acre is foortie Pearches in length, and foure in breadth.

A short Instruction for the Table following.

NOte that the first Columne or Row, conteineth the Names: number of Shires, the second of Cities, the third of Bishoprickes, the fourth of Castles, &c. Now goe straight in a line, & so you shall easily finde the number Alphabetically, aswell for the English as for the Welsh shires: As for example, Buckinghamshire hath no Cittie, no Bishoppicke, 11. Market Townes, no Castles, 185. Parishes, &c.

A Catalogue of all the Shires, Cities, Bishoprickes, Market-Townes, Castles, Parishes, Riuers, Bridges, Chases, Forrests, and Parkes, conteyned in euery particular Shire in the Kingdoune of England.

Shires.	Cities.	Bishoprickes.	Townes.	Market.	Castles.	Parishes.	Riuers.	Bridges.	Chases.	Forests.	Parkes.
Barke shire.	0	0	11	2	140	3	7		0	2	13
Bedford shire.	0	0	10	0	116	1	6		0	0	12
Buckingham shir.	0	0	11	0	185	2	14		0	0	15
Cambridge shire.	0	1	6	0	163	1	7		0	0	5
Cheshire.	1	1	9	3	68	9	19		0	2	18
Cornwall.	0	0	23	6	161	7	31		0	0	9
Cumberland.	0	1	8	15	58	20	33		0	3	84
Darby shire.	0	0	8	4	106	13	25		0	1	33
Deuon shire.	1	1	40	3	394	23	106		0	0	22
Dorcet shire.	0	0	18	6	248	4	29		1	2	11
Durham.	0	1	5	4	62	11	20		0	0	26
Essex.	1	0	21	1	415	7	28		0	1	19
Glocester shire.	1	1	20	1	180	12	22		1	2	2
Hamp shire.	1	1	18	5	248	4	31		0	4	23
Hartford shire.	0	0	18	0	120	1	24		0	0	23
Hereford shire.	0	1	8	7	176	13	11		1	2	8
Huntington shir.	0	0	5	1	78	1	5		1	1	73
Kent.	2	2	17	8	398	6	14		0	0	20
Lancashire	1	0	8	6	36	33	24		0	1	33
Leceſter shire	1	0	11	2	200	1	10		0	2	13
Lincolne shire	1	1	26	2	630	9	15		0	0	12
Midlesex	2	1	3	0	73	1	3		1	0	4
Northamtonshi.	1	1	11	2	326	5	24		0	3	4
Nottingham shi.	1	0	11	0	168	5	17		0	1	8
Northumberland	0	0	11	12	40	21	16		0	1	8
Norfolke	1	1	26	0	660	3	15		0	0	0

Shires.	C.	Bysh.	M. T.	C.	Parr.	R.	Br.	Ch.	For.	Park.
Oxford shire	1	1	10	0	208	3	26	0	4	9
Rutland	0	0	2	0	47	0	1	0	0	4
Shrop shire	1	0	13	13	170	18	13	0	7	27
Somerset shire	3	2	39	1	385	9	45	0	2	18
Stafford shire	1	1	12	5	130	13	19	1	1	38
Suffolke	0	0	18	1	464	2	32	0	0	27
Sussex	1	1	18	1	312	2	10	0	4	33
Surrie	0	0	7	0	140	1	7	0	1	17
Warwicke shire	1	1	12	1	158	7	21	1	0	16
Westmoreland	1	0	4	6	26	3	15	0	2	19
Wilt shire	1	1	21	1	204	5	31	1	9	19
Worcester shire	1	1	7	3	152	5	13	1	2	16
Yorke shire	1	1	46	14	563	36	62	4	8	72
Angleley.	0	0	3	0	83	8	2	0	0	0
Brecknocshire.	0	0	3	4	70	27	13	0	0	2
Cardigan shire.	0	0	4	0	77	26	9	0	3/4	0
Carmarthin shire	0	0	6	4	81	20	16	0	1/4	2
Carnaruan.	0	1	5	3	73	17	6	0		0
Denbigh shire.	0	0	3	3	53	24	6	0	0	0
Flint shire.	0	1	3	4	24	4	2	0	0	2
Glamorgan shire	0	1	7	12	151	16	6	0	0	5
Montgomery shi	0	0	5		42	28	6	0	0	1
Monmouth shire	0	0	6	7	142	15	14	1	0	8
Meriotudth shire	0	0	3	2	34	26	7	0	0	0
Penbroke shire	0	1	6	5	142	6	7	0	2	3
Radnor shire	0	0	4	5	43	13	5	0	0	0

The Contents, Compas, Length, and *Breadth of* ENGLAND.

Thus much in Miles whole *England* it containes ;-34866
Thus much in Miles will reach about it round : —1890
Her length from *Lyzard-point* to *Barwick straits*——334
Twixt *Dover*, & *Holy-head* the breadth is found.——250

A Table to know how many Howers and Minutes the Moone shineth euery Night in the Yeare.

The age of the Moone encreasing.	The Houres and Minutes that she shineth.		The age of the Moone decreasing.
☽	*Houres.*	*Minutes.*	☾
1	0	48	29
2	1	36	28
3	2	24	27
4	3	12	26
5	4	0	25
6	4	48	24
7	5	36	23
8	6	24	22
9	7	12	21
10	8	0	20
11	8	48	19
12	9	36	18
13	10	24	17
14	11	12	16
15	12	0	15

The Moones night shining. The Moones morning shining.

The vse of this Table.

Seeke the age of the Moone in the Almanack, then looke the same in this Table, which you shall find either in the increasing or decreasing, and then in the middle Columne you shall without further labour find the time of her shining.

As for Example: Upon the 12 day of January, I would know how many houres and minutes the Moon shineth: I finde in the Almanack it was New Moone the 10 day: Then reckoning from that day to the 12 day, I finde she is 2 daies old: Then entring this Table, it sheweth, she shineth 1 houre and 36 minutes: So doth she like wise when she is 28 daies old, &c.

Times of Mariage prohibited by our Church, unlesse they haue a License.

FRom Aduent Sunday (the 27 of November 1642) till 8 dayes after Twelfe day, being the 15 of January.

From after Septuagesima Sunday (being the 29 of January) till the 7 of April.

From Monday before Ascension day (being the 8. of May) till Trinitie Sunday, the 28 of June.

The explanation of a new and easie Kalender here following, for this present Yeare, 1643.

NOte that euery Moneth conteyneth three rowes or Columnes, (the Figures for the number of Dayes excepted) the first Columne toward the left hand conteineth the Weeke Daies and Sunday Letter. The second, the Signe wherin the Moone is euery day. And the third, the Changes and Quarters of the Moone. Note that the being thus ○ figured doth signifie the new Moone: and placed this) way is the first Quarter: This ● the Full Moone; And against this (the last Quarter. Note also, that the Figures ouer the head of the Moones, doe signifie the houre of her Changes; and the Letters vnderneath, the time after noone, or after midnight, N. standing for after noone till Midnight, and M. for after Midnight till Noone.

As for example, Against the 3. day of January, being Tuesday, I do finde the Moon in ♑ (which is, and is thus Libra) and is thus (charactered, which is the Last Quarter at 11 of the clock before noon.

Again, on the 8. of February being Wednesday, I do find the Moon in ♒, and is thus ○ charactered, which is the New Moon, at 1 of the clock in the afternoon, &c.

Note also, that at the head of euery Moneth is placed the rising and setting of the Sunne for the middle of euery Moneth. As for example, for the midst of January the ☉. Sunne riseth at 7 of the clock, and 43 minutes; and setteth at 4 of the clock and 17 minutes, &c.

It also conteyneth (on the back side of the leafe) for euery Moneth, the Holy-dayes, and Feasts, both Moueable and Immoueable; with the beginning and ending of euery Terme: As, Twelfeday is on the 6 of January, Easter day on the 2. of April: Whitsunday is on the 21 of May; Terme begins on the 23 of January, and endeth the 12 of February, &c.

A briefe and easie Kalender for this Yeere 1643. which being cut out, is fit to be placed *into any Booke of Accompts, Table-booke, or* other, conteyning the whole Almanacke, in a short method; By *John White.*

Dayes	January. ☉7.43 4.17	Febrvar. ☉6.46 5.14.	March. ☉5.50 6.10.	April. ☉4.51 7.9.	May. ☉4.4 8.56.	June. ☉3.47 8.13.	July. ☉4.12 7.48	August. ☉5.4. 6.56.
1	♐ ♍ at	♌ ♍ ☽	♌ ♍ at	♐ ♒	♑ ♓	♉ ♂	♐ ♊	♋ ♑
2	♑ ♎ 11	♍ ♍ at	♍ ☾	♐ ♒	♒ ♈	♊ ♂	♊ ♊	♌ ♋
3	♒ ♎ ☽	♎ ♐ n	♎ ♑ 9	♑ ♒	♓ ♉	♊ ♂ at	♋ ♋	♍ ♋ at
4	♓ ♏ m	♐ ♐	♐ ♑ m	♒ ♒	♈ ♉	♂ ♈ 7	♌ ♋	♎ ♌ 11
5	♈ ♏	♑ ♑	♑ ♒	♒ ♒ at	♉ ♉ at	♈ ♊ ○	♍ ♋ n	♏ ♍ m
6	♉ ♐	♒ ♑ at	♒ ♓	♓ ♒ 2	♊ ♉ 5	♊ ♋ n	♎ ♌	♐ ♍
7	♊ ♐	♓ ♒ 1	♓ ♈ at	♈ ♓ ○	♋ ♉ ○	♋ ♌	♏ ♌	♑ ♎
8	♋ ♑ at	♈ ♒ ○	♈ ♉ 1	♉ ♓	♌ ♉	♌ ♍	♐ ♌	♒ ♎
9	♌ ♑ 2	♉ ♓ at	♉ ♊ ○	♊ ♈	♍ ♊ m	♍ ♎	♑ ♍	♓ ♏
10	♍ ♒ ○	♊ ♈	♊ ♋ m	♋ ♉	♎ ♋	♎ ♎ n	♒ ♍	♈ ♏
11	♎ ♒ m	♋ ♉	♋ ♌	♌ ♊	♏ ♌	♏ ♏	♓ ♎	♉ ♐
12	♏ ♓	♌ ♊	♌ ♍	♍ ♋	♐ ♍ at	♐ ♐	♈ ♎	♊ ♐
13	♐ ♓	♍ ♋	♍ ♎	♎ ♌ at	♑ ♎ 10	♑ ♑	♉ ♏	♋ ♑ 9
14	♑ ♈	♎ ♌ at	♎ ♏ 3	♏ ♍ 3	♒ ♏ ☽	♒ ♒ n	♊ ♐	♌ ♑ ☽
15	♒ ♈ at	♏ ♌ 1	♏ ♐ ☽	♐ ♎ n	♓ ♐ ☽	♓ ♓	♋ ♑	♍ ♒ m
16	♓ ♉ 5	♐ ♍ ☽	♐ ♑ n	♑ ♏	♈ ♐ m	♈ ♓	♌ ♒	♎ ♒
17	♈ ♊ ☽	♑ ♍ m	♑ ♒	♒ ♐	♉ ♑	♉ ♈	♍ ♓	♏ ♓
18	♉ ♊ m	♒ ♎	♒ ♓	♓ ♑	♊ ♒	♊ ♉ at	♎ ♈	♐ ♈
19	♊ ♍	♓ ♎	♓ ♈	♈ ♒	♋ ♓	♋ ♊	♏ ♉	♑ ♉ 12
20	♋ ♍	♈ ♏	♈ ♉	♉ ♓	♌ ♈ at	♌ ♋ 5	♐ ♊	♒ ♊ ●
21	♌ ♍	♉ ♏	♉ ♊	♊ ♈	♍ ♉ 10	♍ ♌	♑ ♋ ●	♓ ♋ n
22	♍ ♎	♊ ♐	♊ ♋	♋ ♉	♎ ♊	♎ ♍ n	♒ ♌	♈ ♌
23	♎ ♏ at	♋ ♐	♋ ♌	♌ ♊	♏ ♋ m	♏ ♎	♓ ♍	♉ ♍
24	♏ ♐ 10	♌ ♑	♌ ♍	♍ ♋	♐ ♌	♐ ♏	♈ ♎	♊ ♎
25	♐ ♑ ●	♍ ♒	♍ ♎	♎ ♌	♑ ♍	♑ ♐	♉ ♏	♋ ♏
26	♑ ♑ m	♎ ♓ m	♎ ♏ n	♏ ♍	♒ ♎	♒ ♑	♊ ♐	♌ ♐
27	♒ ♒	♏ ♈	♏ ♐	♐ ♎	♓ ♏	♓ ♒	♋ ♑	♍ ♑
28	♓ ♒	♐ ♉	♐ ♑	♑ ♏	♈ ♐	♈ ♓	♌ ♒	♎ ♒
29	♈ ♓	♑ ♊	♑ ♒	♒ ♐	♉ ♑	♉ ♈	♍ ♓	♏ ♓
30	♉ ♓		♒ ♓	♓ ♑	♊ ♒	♊ ♉	♎ ♈	♐ ♈
31	♊ ♈		♓ ♈		♋ ♓		♏ ♉	♑ ♉

♈. Aries, ♉. Taurus, ♊. Gemini, ♋. Cancer, ♌. Leo, ♍. Virgo, ♎. Libra, ♏. Scorpio, ♐. Sagittarii, ♑. Capricorne, ♒. Aquarius, ♓. Pisces. The ○ New Moone. The ☽ first Quarter. The ● Full Moone. The ☾ last Quarter. And A the Sunday Letter.

Day.	Septem. ☉ 6.4 5.56	Octob. ☉ 7.3 5.57	Noue ☉ 7.55 4.5	Decem. ☉ 8.13 3.47
1	f ♍ at	A ♎ at	d ♏	f ♑
2	g ♍ ○	b ♎ ○	e ♐	g ♑
3	A ♍ 5	c ♏ 7	f ♐	A ♒
4	b ♎ n	d ♏ m	g ♑	b ♒
5	c ♎	e ♐	A ♑ at	c ♓ at
6	d ♏	f ♐	b ♒	d ♓ ☽ 10
7	e ♏ a	g ♐ at	c ♒ ☽	e ♈ n
8	f ♐ 12	A ♑ 6	d ♓ n	f ♈
9	g ♐ ☽	b ♑ ☽	e ♓	g ♈
10	A ♑ at	c ♒ m	f ♈	A ♉
11	b ♑ n	d ♒	g ♈	b ♉
12	c ♒	e ♓	A ♉ at	c ♊ at
13	d ♒	f ♓	b ♉ 9	d ♊ 3
14	e ♓ at	g ♈ at	c ♉ ●	e ♊ ●
15	f ♓ 6	A ♈ 6	d ♊ n	f ♋
16	g ♓ ●	b ♉ ●	e ♊	g ♋
17	A ♈ n	♉ m	f ♋	A ♌
18	b ♈	d ♉	g ♋	b ♌
19	c ♉	e ♊	A ♋	c ♌
20	d ♉	f ♊	b ♌ at	d ♍ at
21	e ♊	g ♋	c ♌ 12	e ♍ 7
22	f ♊	A ♋ at	d ♍ ☾	f ♎ ☾
23	g ♊ a	b ♋ 4	e ♍ a	g ♎ n
24	A ♋ 5	c ♌ ☾	f ♍ n	A ♏
25	b ♋	d ♌	g ♎	b ♏
26	c ♌ n	e ♍	A ♎	c ♏
27	d ♌	f ♍	b ♏	d ♐ at
28	e ♌	g ♎ a	c ♏ at	e ♐ 6
29	[illegible]	h ♎ 7	d ♐ 7	f ♑ ○
30	g ♍	b ♎	e ♐	g ♑ n
31		c ♏ ○	m	A ♒

The Feasts Mooueable and Immooueable: With the Termes, &c.

Ianuary.
New yeers day 1.
Twelfe day 6.
Terme begin. 23.

February.
Purif. of Mary, 2.
Shroue sund. 12.
Terme ends, 13
S. Mathias, 24.

March.
Anun. of Mary, 25
Init. Reg. Car. 27

Aprill.
Easter day, 2.
Term begin. 19.
S. George. 23
Mark. Euan. 25.

May.
Phil. & Iacob, 1.
Rogation [illegible] 7
Ascension day. 1[illegible]
Terme ends. 15
Whitsunday. 2[illegible]

Iuue.
Term begins. 2
Terme ends. 2[illegible]
S. Iohn Bap. 24
Peter Apost. 29

Iuly.
Dog dai. begi. 19
S. Iames Apo. 2[illegible]

August.
Barthol. Ap. 24
Dog da. end, 29.

September.
Mathew Apo. 21.
Michael Arch. 29.

October.
Term begin, 9.
Luke Euang. 18.
Simon & Iude, 28.

November.
All Saints, 1.
Howlet treas. 5.
Nat. of K. Ch. 19
Term ends, 15.
S. Andrew Ap. 30

December.
Advent Sund. 3.
S. Tho. Ap. 21.
Christmas da. 25
S. Stephen, 26.
S. Iohn, 27.
Innocents da. 28.

FINIS.